

Active BINGO

Spring

Week



Cross off all the activities you complete in Week 1 (w/c 26th Feb) of Active Bingo. Spot prizes available for those with a completed row or full house.
Email your **Week 1** card to ActiveEBQ@sweco.co.uk by the 3rd March.

Cycle a new route	Attend a sport / fitness class	Service your cycle	Cycle 5miles	Arrange a Walk with a Colleague	Went for a Run
Commute by foot, wheelchair or cycle	Learn a new dance move	Cycle Quiet Route 61	Pump up your tyres	Track 10,000 Steps in 1 Day	Go a Walk Before Work
Walk or wheeled to the Shops	Cycle / wheel the Innocent Railway	Get off the bus a stop early	Explore one of the onsite paths	Do an online fitness video	Visit Craigmillar Castle Grounds
Try a new sport or exercise	Walk 10,000 Steps 3 days in a Row	Hike one of Edinburgh's 7 Hills	Walk at Lunchtime	Dance	Take the Stairs

Staff / student email:

This will only be used to contact you if you win a prize



Supporting Sustainable Travel

